

# Nautic7 ORGANIZATIONAL STRENGTH BUILDING



## BUILDING HIGH PERFORMANCE TEAMS DEVELOPING MORE EFFECTIVE LEADERS IMPROVING COMMUNICATIONS

### Practice Makes Perfect.

Pilots train for several hundred hours in flight simulators in order to sharpen their skills before taking flight.

Imagine how analogous simulations in your company would payoff in the real, bottom line situations your teams face every day. You could improve philosophies, thoughts and actions, unlock hidden potentials, develop professional leaders—and build your team's overall effectiveness.

Under the right conditions, strength building on a modern sailing vessel can help your teams simulate these difficult and often stressful situations. Along with a professional facilitator, who provides feedback and teaching, your teams can quickly begin applying their new skills to company challenges.

Find out how you can have all the teams in your company operating at peak effectiveness and efficiency. Contact Nautic7 today.

### Bringing Out The Best

Conditions on a yacht do not respect the hierarchical environments we encounter in traditional business. It is an opportunity to bring out the best in everyone. With over 10 years of developmental science applied to organizational strength building in the sailing environment, Nautic7 offers the absolute premium in experiential training. Varying exercises have been specifically designed to pinpoint the individual needs of each of your teams within your organization.

On a sailboat, team members are put through their paces in an unfamiliar environment, and they face unusual problems. It's a compact environment. There's no escape. Resources are limited. There's no individuality. The team must rely on each other. Physical strength or academic achievement is no advantage. Every team member is on an even keel. Communication, leadership and fellowship are paramount.

Under such conditions, strengths and weaknesses quickly rise to the top. And your team grows stronger.

# ABOUT NAUTIC7 ORGANIZATIONAL STRENGTH BUILDING

## Experiential Training

Nautic7 provides an array of practical, sailing-related exercises and activities that focus on building high performing teams and developing leaders. These activities are incorporated into customized programs for each client. When applied in conjunction with facilitated sessions, the exercises are designed to address all the key elements and competencies that contribute to successful teams in almost any business environment.

Sailing is an exceptionally good way to train high performance teams. Whether for business, education, sport or just socially, sailing is stimulating. It is an opportunity for organizations that value the contribution of their teams to enhance the performance of the organization as a whole. Furthermore, since each voyage is different and the experience is the psychological creation of those aboard, sailing allows for experimentation, learning and changing which can then be applied—and valued—in the workplace.

In addition, it's notable that the external conditions on a yacht can change in a few hours from idyllic and sublime to severely testing and even stressful. Such circumstances simulate the dynamic environments that organizations today have to face and adapt to.

Our programs are tailored to meet the specific requirements of each client and range from one- to three-day programs, and incorporate one or more of the specially designed exercises

We provide sailing captains and team facilitators for the training programs, or you can provide your own facilitator, who we will train on each exercise prior to the event.

## Great Leaders Create Great Teams!

A team's greatness is directly proportional to its experiential situations. How they've worked together, the key lessons taken from each situation, and the core philosophy of a team and its leader. It logically follows that core philosophy defines thought, thought defines actions, actions define results and results define success. It is important then that the overall leadership fosters an environment for achievement.



Successful companies are constantly asking themselves "How can we get our teams to gel together better? How can we improve communications and teamwork? How can we develop true leaders?" Now with Nautic7 Organizational Strength Building, the answer to all of these questions is to "get out on the water."



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# THE PROGRAM

## The Program

Nautic7 Organizational Strength Building utilizes sailing-based activities to assess and improve team performance and team excellence. By its very nature, sailing exercises address a number of the competencies. But during our initial discussions, we can specify the skills and team dynamics that can benefit from our sailing exercises.

Our sailing-based, strength-building exercises usually follow a two-day program. Along with practical experiences on the water, we conduct classroom-based theory training to ensure that the lessons learned through sailing are applied back in the workplace.

### 1. Facilitated Theory

Facilitated theory is conducted in the classroom prior to boat-based activities and covers the following segments, depending on the program structure and requirements of each client:

- Team Effectiveness
- Team Roles
- Team Leadership
- Team Competencies
- Emotional Intelligence
- Individual Personalities
- Team Strategy
- Team Values
- Team Analysis
- Communication Effectiveness

### 2. Sailing Basics

Prior to conducting sailing exercises, participants are taught the basics to sail the boat. There is always a trained skipper on board, but sailing the boat is the responsibility of the participants once they have been orientated. The skipper will only intervene if absolutely necessary. The basics include:

- Basic Terminology
- Basic Sailing Techniques
- Points of Sailing
- Tacking and Jibing the boat
- Rules of the Road
- Navigation

After mastering basic sailing maneuvers, the program draws analogies between each exercise and how it relates to the workplace through the following steps:

### 3. Choice of Exercises

The exercises that will be chosen by the facilitator have been specifically tested and designed to target each of the team improvement criteria defined by the client.

### 4. Briefing Activity

The facilitator and the skipper brief the participants on the precise details of the exercise to be conducted.

### 5. Conduct Exercise

Participants are required to conduct exercises as briefed without the assistance of the skipper and facilitator. Questions may be asked, but the skipper and facilitator determine whether or not to provide answers to the participants, depending on the nature of the question.

### 6. Team Feedback

After completing (successful or not) an exercise, the facilitator provides the team with feedback, based on observations during the activity, which relate to general and specific team performance issues.

### 7. Team WLC Log

The team members in conjunction with the facilitator prepare a Win, Learn, Change Log.

### 8. Group Debrief

After docking the boats for the day, a group debriefing session is conducted so each team/boat can present their WLC Logs to the other teams. Similarities and differences are noted and particular emphasis is given to what the participants need to do differently in order to ensure success during the next day of activities.

### 9. Additional Exercises

The additional exercises provide the teams with an opportunity to practice their WLC from the 1st day of activities under different environmental conditions. The exercises chosen will either repeat the objectives and/or set new challenges for the teams.

### 10. Program Debrief

At the end of the program, debriefing covers all the learning that has taken place and addresses how it will be applied back in the workplace.

### 11. Workplace Follow-up

The facilitator conducts a follow-up in the workplace at an agreed time to monitor the implementation of the WLC logs.

For more information about how Nautic7 Organizational Strength Building Events can help you spark creative energy, foster innovation, build camaraderie and create a highly honed team, contact us today.





# TEAMWORK

## Teamwork

Imagine your company in a deadline situation. There is a serious problem to solve in only 48 hours. Everyone must work toward the common goal to deliver to your customer the very best. Your company will define itself by the outcome of the crisis.

Because you've invested in strength building through Nautic7, your team comes together:

- The problem is defined by understanding all the variables.
- The solution is theorized by listening to everyone's input.
- A clearly defined solution is developed by considering all possible outcomes.
- Your team leader is able to delegate effectively by understanding the team member's individual strengths and combining them where needed.
- A solution is enacted using all available resources.
- Your team collectively accepts the recognition of success.

**In your company, a crisis now becomes an opportunity to succeed!**



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